



Health Connections

JULY | AUGUST | SEPTEMBER 2026





CLOSER LOOK:

HOW CHOCOLATE IS MADE

Mark, Purchasing

Over the past several years, I've had the unique opportunity to travel with chocolate companies and experience the world of chocolate firsthand. In 2024, I traveled to Peru with TCHO, where I met cacao farmers and visited the cooperative that supports their work deep in the Amazon region. Then in 2026, I traveled to Madagascar with Beyond Good, where I once again met local farmers and workers to learn how cacao is grown, harvested, and transformed into chocolate. During that trip, I also toured a chocolate production facility to see how chocolate bars are made from start to finish. Chocolate's journey from pod to bar begins on the cacao tree, *Theobroma cacao*, which thrives in warm, humid climates near the equator. The tree produces large oval pods that grow directly from its trunk and branches. Each pod contains 20 to 50 cacao beans embedded in a sweet, sticky pulp. Harvesting is done by hand, as the pods must be carefully cut to avoid damaging the tree. Once collected, the pods are split open to extract the beans and pulp. The next crucial step is fermentation. The beans, still coated in pulp, are placed in shallow containers containing 20 gallons or more, sometimes wrapped in banana leaves, and left to ferment for

up to seven days. During this process, natural yeasts and bacteria break down the pulp, generating heat and triggering chemical changes inside the beans. Fermentation is essential for developing the complex flavors associated with chocolate. Without it, the beans would taste flat and bitter.

After fermentation, the beans are spread out to dry, often under the sun. Drying reduces moisture content and helps preserve the beans for transport. Once dried, the beans are sorted, graded, and shipped to chocolate manufacturers around the world.

At the factory, the beans are roasted at controlled temperatures to further develop flavor and aroma. Roasting times and temperatures vary depending on the desired taste profile. After roasting, the beans are cracked open and their outer shells are removed, leaving behind the inner nibs. These nibs are then ground into a thick paste known as chocolate liquor (despite the name, it contains no alcohol). This paste consists of cocoa solids and cocoa butter.

From here, different types of chocolate are created by adjusting the proportions of ingredients. For dark chocolate, sugar and sometimes extra cocoa butter are added. Milk chocolate includes milk powder or condensed milk, giving it a

creamier texture and sweeter taste. The mixture then undergoes refining, where it is passed through rollers to reduce particle size, resulting in a smoother texture. This is followed by conching, a process of continuous mixing and aeration that can last from hours to days. Conching enhances flavor and removes unwanted acidic notes.

Finally, the chocolate is tempered—carefully heated and cooled to stabilize the cocoa butter crystals. This gives chocolate its glossy finish and satisfying snap. The tempered chocolate is poured into molds, cooled, and packaged, completing its transformation from a humble cacao pod to a polished chocolate bar.

At Pilgrims, we proudly offer a wide variety of exceptional chocolates from around the world. We value companies that not only produce high-quality chocolate but also invest in the communities where their cacao is grown. Both TCHO and Beyond Good go beyond traditional fair-trade practices by supporting local schools, healthcare centers, and community improvement projects, helping create a more sustainable future for the farmers and their families. The next time you stop by Pilgrim's Market, explore Aisle 8 and discover a new chocolate to enjoy.



CACAO TREE WITH MATURE PODS, TAKEN IN PERU



POD WITH BEANS INSIDE, TAKEN IN MADAGASCAR



SINGLE BEAN, TAKEN IN MADAGASCAR



SEEDS DRYING IN THE SUN, TAKEN IN MADAGASCAR



BEANS BEING SORTED & BAGGED, TAKEN IN PERU



CHOCOLATE BARS BEING PACKAGED, TAKEN IN MADAGASCAR.



FINISHED PRODUCT



NEW ITEMS

only at **PILGRIM'S MARKET**



Buffalo
CHICKEN WRAP



Sundried
TOMATO HALVES



Cold Brew
COFFEE



Aftermath
BEVERAGE



Chill Pill
BEVERAGE



Mayonnaise
SAFFLOWER OR AVOCADO OIL



All of these products are "Made Right Here" at Pilgrim's Market. Look for this sticker, which signifies items made in the store.



Products with the "Grown Right Here" sticker contain produce grown in the Pilgrim's Market Garden behind the store.



THE PERFECT PAIR:

WINE & CHEESE, WITHOUT THE RULES

At Pilgrim's Market, we love the classic wine-and-cheese pairings as much as anyone — but sometimes the best matches happen when you ignore the old playbook entirely. Forget the idea that every cheese needs a giant Cabernet or that white wine can't hold its own at the cheese board. Some of the most exciting combinations come from contrast, texture, and a little curiosity. Take Ossau-Iraty, the nutty, buttery sheep's milk cheese from the French Pyrenees. It's rich without being heavy, which makes it surprisingly perfect with a bright, saline white like Picpoul de Pinet. Picpoul's citrus and mineral edge cuts through the creaminess and wakes everything up. A dry Chenin Blanc works beautifully too, bringing texture, acidity, and just enough orchard fruit to make the cheese sing instead of shout. Then there's Taleggio — funky, creamy, washed-rind magic. Traditional pairings lean big and bold, but a lightly chilled Gamay can be the better move entirely. Its fresh red fruit and low

tannin calm the funk while keeping the pairing lively. If you want something even more fun, crack open a dry Lambrusco. The bubbles, acidity, and dark berry notes turn Taleggio into a full-on party.

For alpine cheeses like Comté, the options open wide. A crisp Spanish Albariño brings bright acidity and coastal freshness that balances the cheese's toasted hazelnut character. On the red side, the lighter wines of northern Italy shine here — especially Valpolicella and the elegant reds of Piedmont. Think Barbera, Dolcetto, or Langhe Nebbiolo: wines with energy, acidity, and enough structure to complement rather than bulldoze the cheese. And yes, there's still room for the big reds. A hearty Zinfandel alongside a bold, aged cheddar is one of those pairings that feels almost unfair. The sharpness and crystalline nuttiness of the cheese pull out the spice, blackberry fruit, and smoky edges in the wine.

The best pairing advice? Trust your palate more than the "rules." Cheese and wine are both living, evolving foods shaped by people, place, and tradition. Sometimes the unexpected bottle is the one that makes the whole table stop talking for a second. Luckily, every wine and cheese mentioned here can be found right here at Pilgrim's Market Wine Department — where experimentation is strongly encouraged and delicious accidents happen daily.

Cheers,

Sara
Beer & Wine Manager



MIX. MATCH. SAVE!

WINE CLUB PRICING, WITHOUT A WINE CLUB MEMBERSHIP!

- BUY **3-5** BOTTLES, SAVE **6%**
- BUY **6-9** BOTTLES, SAVE **10%**
- BUY **10-12** BOTTLES, SAVE **12%**
- BUY **13+** BOTTLES, SAVE **15%**





CHARCUTERIE BOARDS

FOR EVERY TASTE

With Summer in full swing, and get togethers with friends and family becoming a more common event during this time; it can be overwhelming trying to figure out what to bring to these sorts of gatherings. Charcuterie boards have had a bit of a renaissance in the past few years. They have become popular with not only older, but younger generations as well. Here at Pilgrim's Market we have an assortment of cheese that will fit any price point. We also have the perfect items to round out a board that will impress your guests with ease!



Have any hesitation about spending too much on cheese you may not be sure of? No worries there! We have a range of affordable cheeses you can grab that are high quality and total crowd pleasers. Perhaps you would enjoy a nice and tangy snack such as our Italian Dry Salami that we cut and package in house? If you want something to pair with it, look no further than our goat cheese logs from Laclare Farms. These little guys pack a lot of flavors into a small package; Literally! We carry 6 different flavors from Laclare, so you can experiment and see which one suits your needs! Pair these cheeses with anything, such as a simple Salt and Olive oil cracker from Rustic Bakery, or a nice and fresh cosmic crisp apple to create a harmony of flavors that you could mix and match.



If you lean a bit more towards a bigger challenge, you could always scale up to some cheeses that become a little more complex. Some favorites that we have in right now, like the Idiazabal, is a raw sheep's milk cheese coming out of Spain. Not too strong on the nose, but offering mild, nutty sheep milk flavors combined with a bit of smokiness makes it an excellent crowd pleaser that's a bit different. To contrast with the milder flavor of the Idiazabal, grabbing some of olives for a brined accompaniment will truly make the flavors pop! I would strongly recommend either our Meze Mix Olives; if you prefer something on the sour and oily side; or the Castelvetro olives; if you want a meaty olive with a nice buttery finish. To round out the flavors, you could never go wrong with some Marcona olives, to bring in a bit of salt as well as some nice crunch that will balance out the texture.



Finally, when you need the a knock-out punch for an event we've got you

covered. The darling of the Inland/Pacific northwest is none other than Washington State University's own Cougar Gold. Aged at a minimum two years, these wheels come in a tin which helps preserve and continue the aging process for quite a while in refrigeration. It doesn't hurt that this cheese is a regional treasure, being touted as 'the most amazing cheese you'll have in your life' according to most of WSU's alumni. Pair that nice sharp cheddar with some Schiacciata Piccante for contrast. An Italian pressed salami made with Calabrian pepper and pancetta fat, this salami will have buttery and slightly spicy notes to help cut the sharpness of the cheddar. To take that a step further, a fig spread from Dalmatia will piggyback of the flavors of the cheese and meat to add complexity to your board and have everyone going back for more. Half of the fun of making a charcuterie board is putting together the foods you like, in a way that makes it easy to share with the people you care about. So why stay inside the lines? Breakout, try something that normally you wouldn't. You may just find a new combination that becomes your favorite. Knowing the rules of pairing are important. Knowing the rules so you can break the rules are what makes food fun! Getting what you need to do that can be found here at Pilgrim's Market.



Bill
Gourmet Foods Manager

PILGRIM'S
MARKET

EVENTS | JUL AUG SEP

SCAN ME



TO SIGN UP

THURSDAY, JUL. 23 | 6:00PM

EAT YOUR WEEDS!

HERBALIST MICHELLE
MCANINCH- TAMARAC
GARDEN
\$5 PER ATTENDEE

THURSDAY, JUL. 30 | 6:00PM

WHY YOUR DOG IS STILL ITCHING: THE MISSING LINKS MOST PROTOCOLS OVERLOOK

CHRISTINE STEN, CERTIFIED
THERAPEUTIC PET NUTRITION
COACH
\$5 PER ATTENDEE

THURSDAY, AUG. 6 | 6:00PM

HYPNOSIS: FACTS OVER FICTION

EVA MINATRE, CERTIFIED
CLINICAL HYPNOTHERAPIST
\$5 PER ATTENDEE

THURSDAY, AUG. 13 | 6:00PM

TOP 10 "MUST HAVE" HOMEOPATHIC REMEDIES FOR YOUR FIRST AID KIT!

KIM VALLIERES, CLASSICAL
HOMEOPATH
\$5 PER ATTENDEE

SATURDAY, AUG. 15 | 11:00AM

KIDS' CLASS: PAINT YOUR VERY OWN BIRDFEEDER!

CHRISTINA CAROTHERS-
CAROTHERS CREATIVE
FREE CLASS!

THURSDAY, AUG. 20 | 6:00PM

THE HEALTH IMPACT OF PARASITES!

DR. MIRANDA SIMIONI, ND
\$5 PER ATTENDEE

THURSDAY, AUG. 27 | 6:00PM

THE HEALING POWER OF NATURE HYDROTHERAPY AND PERMACULTURE GARDENING

DR. TOBY HALLOWITZ, NMD,
MSOM, LAC
\$5 PER ATTENDEE

THURSDAY, SEP. 10 | 6:00PM

THE POWER OF PREVENTION: A NEW VISION FOR LASTING HEALTH

DR. CHRISTOPHER DUHON,
ND, LAC
\$5 PER ATTENDEE

THURSDAY, SEP. 17 | 6:00PM

GROWING A WINTER HARVEST, EVEN WHEN SPACE & RESOURCES ARE LIMITED!

MERRICK MYERS- GARDENS
BY MERRICK
\$5 PER ATTENDEE

THURSDAY, SEP. 24 | 6:00PM

PAINT & POUR PARTY!

CHRISTNA CAROTHERS-
CAROTHERS CREATIVE
SEE WEBSITE FOR PICTURE
BEING PAINTED
\$45 PER ATTENDEE

ALL CLASSES HELD AT:

PILGRIM'S MARKET

EVENT CENTER

1411 N. 4TH ST. CDA, ID

(NOT IN THE STORE)

VIEW EVENT DETAILS AND RSVP AT PILGRIMSMARKET.COM
EMAIL ANY QUESTIONS TO EVENTS@PILGRIMSMARKET.COM

SIGN UP FOR *Young Family Discount*

At Pilgrim's Market we want to make organic, wholesome food and products more accessible-
for every child, every family, every day.

Each Month, Eligible families will Receive:

25% off

your first \$25 spent in each of the following departments:

- *Cultured Mama*
- *Wellness*
- *Produce*
- *Grocery*
- *Bakery*
- *Bulk*
- *Deli*
- *Meat*

Eligible families must have at least 1 child age 10 or younger.

Age of the child will need to be verified via documentation confirming DOB of the family's youngest child.

No documentation will be kept on file, but will just need to be visually verified upon sign up.

Questions about the program can be directed to nicole@pilgrimsmarket.com
Sign Up In-Store Today!



PILGRIM'S MARKET RECIPE CORNER

MADE WITH **MADE RIGHT HERE** PRODUCTS



'Cheffin' WITH Mike



Beef and Sweet Potato Dinner | Recipe by Mike

INGREDIENTS:

- 1 sweet potato or yam
- Ground beef
- Cultured Mama Mellow Mama Onions (Or any cultured mama fermented goods)
- Feta
- GRH Chili Crunch or Caliente Crunch
- Hot Honey
- Green Onion

DIRECTIONS:

- Poke a few holes in sweet potato with a fork then bake at 425 for 45-60 minutes (until a knife slides right through)
- During the last 10 minutes of baking, cook your ground beef (or turkey/chicken)
- Split open potato after resting for 10 minutes out of oven and mush inside with fork
- Spoon in ground beef
- Top with feta, chili crunch, Cultured Mama Onions, hot honey, and green onion



Firecracker Chicken Salad | Recipe by Mike

INGREDIENTS:

- 3-4 MRH Firecracker Chicken Tenders or 1-1.5lb of MRH Rotisserie Chicken
- ½ cup mayo
- Lemon
- GRH Caliente Crunch
- Kelp Chili Crisp
- 2 tbsp rice vinegar
- 1 chili pepper
- 2 small cucumbers
- 1 head of GRH Market Lettuce
- ½ head cabbage
- 2 scallions
- 10-15 basil leaves

DIRECTIONS:

- Shred your MRH Firecracker Chicken or our MRH Rotisserie Chicken

- In a separate bowl add mayonnaise, juice of half a lemon, 1-2 tbsp of our GRH Caliente Crunch, and 1-2 tbsp of another chili crunch of your choice :)
- Add in 1-2tbsp of rice vinegar (has a touch of sugar :)
- Add in finely sliced peppers and a touch of salt and mix
- Into another bowl add in 3 sliced small cucumbers, 1 head of roughly chopped GRH market lettuce, and 1/2 of a finely shredded head of cabbage. As well as 2-3 thinly sliced scallions
- Add in 1 bundle of basil leaves
- Combine chicken, sauce, and greens then add in crispy onion or shallot as well as toasted sesame seeds. (Adds an amazing crunch)
- ENJOY!!!!



Gameday Taquitos | Recipe by Mike

INGREDIENTS:

- Large container of our MRH Shredded Rotisserie Chicken
- 120 grams cream cheese
- 1 handful of shredded mozzarella
- 1 tsp of salt pepper, cumin, garlic powder, onion powder, smoked paprika, coriander
- 2-3 green onions
- ½ cup sour cream
- ½ cup Greek yogurt
- 8 Corn or flour tortillas
- MRH Garden Fresh Salsa
- MRH Organic Guacamole
- GRH Red Street Taco Sauce
- Cultured Mama Green Sriracha

DIRECTIONS:

- In a bowl combine a large container of our shredded rotisserie chicken with 120 grams of cream cheese, and some shredded mozzarella cheese
- Add in a pinch of salt and pepper, then a tsp of cumin, garlic powder, onion powder, smoked paprika, and coriander, and some thinly sliced green onion and mix until combined
- Roll up your mixture in some corn or flour tortillas then brush the tops with some oil
- Air fry or bake in oven on convection setting for 25 minutes or until dark golden brown and crispy
- For Crema combine equal parts sour cream and Greek yogurt, seasonings, 1 tbsp CM hot sauce, 1 tbsp red street taco sauce.
- Top with your salsa, guac, crema, and green onions and ENJOY!!

PILGRIM'S MARKET



MATT
DELI



MADE RIGHT HERE ROTISSERIE CHICKEN

"They're fresh, natural, and Northwest grown. Pilgrim's chickens are flavorful, moist and delicious and truly one of my favorite things in the store! Available from 9am-7pm daily."



MADI
MARKETING



MADE RIGHT HERE STRAWBERRY LEMONADE

"The perfect refreshing lemonade! I love that the ingredients are super simple, and it tastes delicious"



DAKOTA
GROCERY



PERFECT BAR SNACK BARS

"My go to on-shift protein snack. It is a great protein bar without the chalkiness. Amazing flavor!"



MATT
FLOOR MANAGER



LOCAL GRASS-FED RIBEYE STEAKS

"I always go grass-fed with meat and dairy and the ribeyes exceed my quality standards"



SONJA
GROCERY



PREVAIL LEMONGRASS BEEF JERKY

"It's the perfect snack to pack along for yourself and kiddos on hikes."



LAUREN
BULK



BULK COCONUT CASHEWS

"I'm glad they come in such a small package because they're impossible to put down"



HOLLIE
BULK MANAGER



MADE RIGHT HERE ORGANIC SALAD TOPPER

"It's an easy delicious mix to throw on all of your summer salads!"



ABBY
BAKERY



EVANS BROTHERS BRAZIL - FADENZA IP COFFEE

"This makes a real nice cup of joe. It works well in my Moka Pot!"



STEVE
MEAT



PILGRIM'S DELI SALAD BAR

Salad Bar: "It's one of the freshest, largest variety of items, and delicious salads bar in town!"





ASK PILGRIM'S:

HOW DO I MAKE FLOWERS LAST?

Erika, Gift & Floral

Most of the flowers sold in our store are grown in Ecuador and Colombia with others grown closer to home in British Columbia, California, and Washington.

There's nothing like having a fresh bouquet of flowers in your home to brighten up the space and your mood. If you're wanting to enjoy the scent of fresh cut flowers, buy Lillies, Peonies, Lavender and of course, Roses. Look for "garden rose" varieties specifically bred for scent as most have had their fragrance bred out to improve their shelf life.

Follow these tips to keep your flowers fresh for weeks:

ALWAYS use a clean vase with clean water and flower food. Most bunches of flowers come with a packet of flower food. Follow the directions on the pack when adding to clean water.

REMOVE all leaves that will be below the water line in the vase. Leaves will decay in the water and shorten the life of your flowers.

CUT stems about an inch from the end and place in water within a few seconds. Once a stem is cut it will take in a "breath". It is important the stem be placed in water so there is no air taken in.

KEEP the flowers in a cool, shaded spot away from sunlight and away from ripening fruit as the ethylene will also shorten the life of your flowers. Remove any dying flowers from the bunch since these will hasten the decay of others.

CHANGE the water, rinse the vase, add flower food and give a fresh cut to the stems every 4-7 days and your flowers will last for weeks.

For the longest lasting flowers buy Carnations, Cremones/Spiders (Mum varieties), Poms (Daisy varieties), Lillies, Hydrangeas, Roses, Gerbera Daisies, Alstroemerias, Sunflowers!





PILGRIM'S MARKET

Est. 1999

REWARDS CARD

Over \$3,250,000 in rebates have been issued to our rewards Card Members since July 2014!

Get The Most Out of Shopping WITH Pilgrim's Rewards!

REBATES

Rebate Tiers: Your previous 30 day spending, determines your earning tier.

TIER 1: \$250-\$449.99 — 2 points per \$1

TIER 2: \$450-\$699.99 — 3 points per \$1

TIER 3: \$700 & above — 4 points per \$1

Every 1,000 points earns a \$10 rebate.

Ask a cashier for your Loyalty Reward Balance or see your receipt.

OTHER REWARDS PROGRAM PERKS

- Monthly Digital Coupon (20% off one item)
- Birthday discount
- Early Access to our Anniversary Sale
- Punch card discounts
- Member-only promotions
- Returns without a receipt



EMPLOYEE SPOTLIGHT CHELSEY

Assistant Manager, Front End

How long have you been a part of the Pilgrim's Market Team?

I left and came back once, but altogether it's been close to 9 years!

What's your role and what's your favorite part about your role?

I am the Front End Assistant Manager. I love the variety, and I love my coworkers! It sounds so trite, but it's true.

What does the perfect summer day in CDA look like to you?

I am very indoorsy and I do not love summer, but I admit summer mornings have a certain charm. :) A perfect summer day would be meeting a friend for breakfast, then parting ways to mope around my air-conditioned home for the rest of the day.

Do you have any hobbies?

I absolutely love to bake, and I am trying to become a better cook (so far, not so good).

What are your favorite sections in the store to shop and why?

Aisle 9 has so many things that I buy every week: hummus, cold brew, cookies, Perfect bars (cookie dough flavor), Rise & Puff tortillas (delicious!), and there's often something new and intriguing to try!

Also, the gift section. Erika (the gift manager) does such an excellent job selecting interesting and beautiful things.

CHECK OUT OUR

Social Media!

Psst... want in on our Secret Sunday Sale steals, mouthwatering cooking videos, fresh new arrivals, and all the juicy need-to-knows? Follow us on Facebook and Instagram – your cart (and taste buds) will thank you!

YOUR MONTHLY COUPONS ARE GOING DIGITAL!

Each month 1 single use 20% off coupon is associated with your customer reward account. Just let your cashier know when you are ready to SAVE!



Be Inspired!

Work at Pilgrim's Market.

- Cash Profit Sharing
- \$18-\$20/hr starting compensation
- Major/supplemental medical and dental insurance options offered
- Employee discounts
- 401K with 4% employer matching.

To apply, text "organic" to 85000 or visit www.pilgrimsjobs.com